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Montana Kaimin, October 31, 1996

Associated Students of the University of Montana

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Montana Kaimin

Our 99th year, Issue 35

Kaimin is a Salish word for messages

Thursday, October 31, 1996

Forester's Ball may have to cut crowds

Gretchen Schwartz
Kaimin Reporter

Newly enforced fire regulations threaten to cut crowds at the upcoming Forester's Ball, eliminate related student scholarships and move the festivities off campus, School of Forestry students said Wednesday.

Bruce Goodwin, deputy state fire marshal, said only 880 tickets, rather than the usual 1,200, can be sold for the ball in February.

Goodwin said he noticed problems with fire safety last spring and filed a report in the summer. Based on the square footage and number of exits in Schriber Gym, the usual number of 1,200 people in the building poses fire hazards.

City fire marshals have approved the attendance numbers in previous years, but last year when state marshals inspected the gym, fire safety became a concern.

"We have the ball for scholarships and we can't make enough money for scholarships with this attendance," said Shelley Taylor, logistics officer for the Forester's Ball Committee. "The city has always approved of the ball, but the state has jurisdiction over university matters."

Last year, the committee gave out \$4,000 in scholarships to students who helped with the ball and the rest of the profits covered cost, said John Tillotson, chief push of the Forester's Ball Committee.

"Is a scholarship worth

someone's life?" Goodwin asked. He believes the limited floor space and exits are even more dangerous in combination with dark lighting, facade sets, high heels and possible intoxication at the Forester's Ball.

Tillotson claimed the students already take fire precautions at the ball with fire marshals, reserve deputies and 25 "posse members." Posse members are students who have been trained by city marshals in fire safety and speckle the ball in a sober state.

The options for the Forester's Committee include getting a sprinkler system, raising ticket prices or moving the event off campus, Goodwin said.

The committee may also opt to sell 1,200 tickets, but keep a head count at the ball to maintain the 880 limit. He said he believes this method could be hard to handle, possibly even causing a disorganized line outside the gym or splitting up pairs who attempt to enter at the cutoff point.

There's no chance a sprinkler system will be put up before the ball, said Fatah Boualamallah, a draftsman for Facility Services who worked with Goodwin on the assessment of the building.

"We can't afford the number he set," Tillotson said. "We'll probably be forced off campus."

Off-campus options include the Fairgrounds and the Missoula On Ice warehouse.



Terry Stella/Kaimin

VIOLINIST MICHAEL GRAY is half of *Odd Man Out*, a Seattle duo that entertained students in the UC Wednesday afternoon.

Campus bike shop gets ASUM funding

Kortny Rolston
Kaimin Reporter

Campus Recreation received money from the ASUM Senate Wednesday to kick start a campus bike-repair shop.

The senate allocated \$1,350 to fund the tools and other equipment needed for the do-it-yourself repair shop.

Dudley Improta, coordinator of Campus Rec's Outdoor Program, said his department will start work immediately and hopes to have the project completed by Spring Semester.

"We've already had three calls from students who volunteered their time to set it up," he said.

Improta said the shop will be housed with the ski/wax shop in the basement of Campus Rec, and a trained supervisor will be available to assist students with repairs.

He said they plan to charge \$1.50 for a half-hour of use and will sell accessories such as chains and tubes to help fund the supervisor position.

He said they hope to have the shop open at least 20 hours a week during

the school year and 12 hours a week during the summer.

Sen. Patrick Milliken said he supported the idea but wished students were polled for their opinion.

"My only concern is that students weren't polled to see if it is widely accepted," he said. "I'm personally looking forward to it because I own a bike."

In other ASUM news...

- The senate allocated \$450 in travel expenses to the American Pharmaceutical Association-Associated Students of Pharmacy to attend a conference in Seattle this weekend.

- The senate voted to oppose Constitutional Amendment 30, a ballot amendment replacing the autonomous Montana Board of Regents with a state executive Department of Education. ASUM will announce its position during a press conference today at 10 a.m. in the University Center Atrium.

-Kortny Rolston

Puzzling pumpkin prank will cost a pretty penny

Erin Juntunen
Kaimin Reporter

UM officials were left puzzled Wednesday after finding that a Halloween prankster had scaled Main Hall and placed a pumpkin on top of the clock tower.

Director of Campus Security Ken Willett said they have no suspects or idea how the prankster made it up there. He said the person probably has expertise in wall climbing.

"Whoever was up there put themselves at considerable risks," he said. "It was definitely done in the Halloween spirit."

However, the prank will prove costly because UM must now pay to remove the pumpkin, Facilities Services Director Hugh Jesse said.

UM will be charged \$110 an hour for a crane to remove the pumpkin Friday, Jesse said. The project will take from two to four hours to complete.

Facilities Services also considered hiring an expert climber to remove the pumpkin, but that plan was ruled out,

Jesse said.

"It's just not worth it to risk someone's life in order to save \$400."

The money will come out of the department's annual budget, but despite the costs the pumpkin must be removed, Jesse said.

"It's just not appropriate for a pumpkin to be on Main Hall and (the building) is not architecturally suited for it," he said.

"It was a cute, but expensive prank," Jesse said. "Despite it all, we're just thankful no one got hurt."

Willett said Campus Security has received several offers to remove the pumpkin including a call from a hunter who offered to shoot it down.

"We're going to use the least dangerous method," Willett said. "We don't want anyone to get hurt."

University Police have no leads for a suspect, and Willett said he doubts they will find the culprit.

"We'll probably never know who did it," he said jokingly. "I don't know. Can you successfully lift fingerprints from a pumpkin?"

Opinion

That's 'Halloween' not 'Helloween'

Finally the leaves are swirling around the grinning pumpkin faces, and it's obvious today is Halloween. The closet pagans and hedonists are creeping out, and the uncloseted variety are reveling in the chance to be part of a mainstream holiday that doesn't involve Christianity.

Unfortunately, the ongoing war against Halloween has yet to let up. This year is no exception.

Attempts to ban Halloween from schools, houses and churches are not uncommon and in recent years the attacks have taken on greater fervor.

All over America trick-or-treating has been criticized, jack-o-lanterns derided, costumes dubbed satanic and the holiday itself has been weakened and beaten until it hardly resembles the wild celebration it once was.

The point of All Hallow's Eve is not to worship the devil or to turn children into screaming heathens. Costuming oneself on Halloween isn't to make a mockery of people's professions, foibles or outstanding features.

Halloween revelers originally intended their costumes to frighten away evil spirits, to "trick" them into remaining in the realm of the dead.

Though these superstitions are long gone, the idea remains that Halloween is somehow profoundly anti-Christian, a holiday that will corrupt children, offend your neighbors and encourage demonic behavior.

Political correctness threatens to sanitize our lives to the point of insane sterility, and the idea that a simple holiday will turn children and adults away from God and toward some demented vision of evil is ridiculous.

In a Missoula story that ran Saturday, writers from the Scripps Howard News Service listed but a few of the wars being waged against Halloween.

A parent in Indiana told a school board that the holiday was "a witch festival," and a Baptist church in Memphis now offers a religious carnival on Halloween, saying the day is "celebrating Satan." An earlier article mentioned a small town that went so far as to ban trick-or-treating.

Halloween costumes don't terrify children. Satan doesn't and never has had anything to do with this holiday. In fact, All Hallow's Eve existed long before Christianity did.

Enough of succumbing to our political fears, and enough of teaching children that anything different is godless and anything pagan is sinful.

Enough of assuming that "corruption" is as simple a thing as a carved pumpkin face and a monster costume.

As soon as we can stop being "offended" by things like costumes and candy-gathering, the closer we are to some kind of real tolerance.

Don't like Halloween? Stay home.

Molly Wood

Montana Kaimin

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NBC's nostalgia for nimrods

Column by

Morgan Sturges

Like a rubber-necking driver at the scene of an accident, I got caught watching the new sit-com "Men Behaving Badly" last Thursday night. I had been expecting "Seinfeld" but NBC hoodwinked me — it was not on and was replaced with the nostalgic manly mayhem.

Roommates Jamie and Kevin live in squalor and love it. Their coffee table overflows with beer cans, bags of potato chips (where are the cigarettes, NBC?) and dirty underwear. The rest of the apartment looks like a trailer in the Tornado belt. The roomies share laughs behind their coffee table, on their squalid couch in front of their TV. You know — laughing about chugging beer, "hot" babes or discussing going on a double date, Jamie panting, "whenever two girls go out together, one's hot and one's not," a universal law in their world.

In this episode, the hapless Jamie has scored a date with two women — who both happen to be hot, thank God.

"They weren't really women," Jamie pants. "They were tire models."

Too bad for Kevin, who is dating some girl played by Justine Bateman. However,

after finding out that she slept with other men during their six month break-up, he decides to go.

"I wouldn't suggest for a minute that you tell her," Jamie pants.

Now we have a new moral dilemma! Which one would get which tire model?

"They're tire models," Jamie pants. "They're used to being rotated."

Then we meet the bimbos and what turns out to be the tire model with the heart of gold. You know, the one who knows all about sports, plays a mean game of basketball and wants to sleep with Kevin. In other words, the perfect woman.

Jamie doesn't get lucky. Kevin could have, but he and tire girl decided that it would be a bad thing, considering he was in a committed relationship and all.

Leaving Jamie panting after the women in the hall, "What, am I getting nothing? Look into your hearts!" Kevin runs off to brag to his girlfriend that he didn't sleep with another woman even though she was "hot — I mean really hot!"

Now, I know this is supposed to be funny — a light-hearted romp through male

stereotypes and jokes about homosexuality. We're supposed to think it's cute. However, this comedy commits the worst crime of all — it's not funny.

The opening credits tell us what this is supposedly about — nostalgia. As if these attitudes and men were entirely archaic. Frame after black-and-white frame show women and men in times when men knew their place and women their's. Remember that grand era when beating your wife and screwing around were expected? Oh, the glory.

Oh, I know, it's all just a joke. A harmless story about two guys who never made it to the '90s, who regard women as tasty delights for their sampling and who are incapable of taking care of their house or their morals without a feminine guide.

Now, imagine if you will the same story about two lonely guys sharing an apartment, swapping stories about all the gays and Blacks they've bashed. ("They weren't really people," they reminisce. "They were Blacks!") Living in the big city can be tough on two bigots, trying to make it in a changed world — a world they don't understand. (They're gay," they sigh. "They're used to dying.")

Funny, huh?

Letters to the Editor

KBGA needs to go free-form

To the Editor:

I feel compelled to add my opinion to the fray regarding the controversy over the restricted format of Missoula's newest radio station KBGA. I hate it. I don't listen to it. If I could take my vote and/or my money back I would.

When the radio station was first proposed, I thought it was a great idea and it was with great anticipation that I waited for the day when KBGA would hit the airwaves. I thought that their format would be something like KUPN's morning free-form show, only it would last the whole day long. Instead, I find that the station is only looking out for future advertising funds by pandering to an imagined greater Missoula audience. KBGA, by sticking to a strictly regulated format of so-called alternative rock, seems to be pinning all of its hopes for support on one type of listener so that when the station needs money after it is finally and gratefully cut from the teat of the students' collective pocketbook, they can tell potential advertisers that they are the voice of the alternative wave in Missoula (whatever that is).

However, if the station managers did accept a free-format, they could always depend on the students for financial support. I graduate in the spring,

but if KBGA were a true college radio station with no set playlist and an unrestricted format, I would be happy to show my support with an annual contribution. For now, when I want to listen to the same songs over and over, I'll turn my dial to Z100, Yuck.

Michael Mahns
senior, creative writing

Nader in '96

Editor,

In the 1996 Presidential Election we need to elect a person who has been a role model for all. How about someone who helped pass the Highway Safety Act, a non-profit organization? What about a person who startled the media with the charge that African-Americans were routinely given higher radiation doses in hospital X-Rays, based on racist belief that they had tougher skins and harder bones? This had forced General Electric, the major manufacturer, to admit it recommended higher doses for blacks.

This person I am talking about has also had a great concern for health and safety which has led him into campaigns for Union Democracy. This concern has led to Pro-worker Safety Legislation in 1979. This person also joined the Black Lung Movement of West Virginia coal miners and

helped force the Congress to pass the Coal Mine Health and Safety Act.

This person is the Green Party's Candidate for president, Ralph Nader.

To end this letter I want to give three goals Nader and the Green Party in this presidential campaign: "One is, we want to move in the direction of what we call the Concord Principles... these are the tools of democracy that extend the power of workers, consumers, shareholders, voter-citizens, and taxpayers and do it virtually without any taxpayer money. Then to facilitate the banding together of people. Second, we want to help galvanize a new generation of activists who want to reform politics and channel their energies into more productive and just paths. Third, it's a message to the Democrats and Republicans that they are over when they can tell millions of disaffected Americans that they've got no where to go politically. This campaign isn't about me becoming President. It's about getting a new political movement going for the long haul." Ralph Nader.

Vote Ralph Nader for President!

Bryce Smedley
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Jordan LaRue/Kaimin

SPIDER WEBS and ghouls haunted the halls of the Sigma Alpha Epsilon house Wednesday night. SAE held a trick-or-treat haunted house party for the children of Extended Family Services.

SAE hosts party for kids

Erin Juntunen
Kaimin Reporter

Eleven homeless trick-or-treaters, clad in costumes, made their way to the Sigma Alpha Epsilon fraternity house Wednesday with the hopes of having a normal Halloween.

The kids came from Extended Family Services, an emergency-crisis shelter for children taken out of their homes. The shelter houses children who are waiting to return to their families or are seeking a new home.

The children spent the evening chumming with SAE members who held a haunted house and Halloween party.

SAE member Ryan Neely said the house hosted the party because they wanted to do something nice for the center.

"It was fun to be with the kids," he said. "But it was also fun for us to be kids again."

Fraternity members decked themselves in costumes, read scary stories, played games, bobbed for apples and took the kids on the trick-or-treating tour of the house.

Neely and Jennifer Sturch, a shelter staff member, organized the party.

"It was really a good opportunity for the kids to spend time with some male role models since most of our staff is female," Sturch said. "It's neat

that the guys did this. They really put the kids' needs before their own."

Neely said a big incentive for hosting the party was the learning experience the house gained from working with homeless children.

"We learned that their needs are the same as other kids' needs," Neely said. Sturch agreed. "It's really a learning experience for everyone, both the kids and the guys," he said.

Shelter supervisor Deborah Baylor said it's important for the kids to interact with others.

"When given the opportunity, they thrive in the community," she said.

Weight-loss options vary

Gretchen Schwartz
Kaimin Reporter

If inside every fat figure there is a thin form signaling wildly to get out, those signals differ greatly from person to person and lifestyle to lifestyle.

Some people burn off every calorie they consume, while others suffer from insufficient nutrition. But most have the same goal in mind: maintaining what they believe to be an ideal body weight.

There are many philosophies of weight management, says Dr. Nancy Fitch, director of Student Health Services. There are people who are exercise nuts, people who deal with being overweight and people who have eating disorders.

People need to be reasonable about their weight-loss expectations, Fitch says. If a woman exercises to the point where she stops having menstrual cycles, that is unreasonable, she says.

The average model has 12 percent body fat, while the healthy ideal for a woman is 22 percent body fat, Fitch says.

"There are an awful lot of women on this campus with eating disorders," she says.

Some people feel they cannot manage their weight solely through diet or exercise and

turn to oral medications that repress hunger.

Appetite suppressants should be used only in cases of "morbid obesity," that entail medical complications, Fitch says. Diet pills are not effective long-term solutions, she says.

"The moment you quit you eat like a horse," she says. "And losing weight is hard work. It's probably harder than quitting smoking."

Paula Pease, fitness coordinator for Campus Recreation, says a couple thousand people come into the facility every day and "two timers," people who work out twice a day, aren't uncommon.

Sometimes people work out too much or they don't eat enough for what they're burning.

"A lot of people would have a fit if they weren't able to work out every day," Pease says. "We see a lot of that."

Some people can't make exercise a part of their everyday routine or find this daily drill inadequate. There are many doctors, diet centers and programs full of promises for people seeking assistance.

Students might also notice tantalizing posters tagging the face of campus kiosks, promising fast weight-loss success.

These posters advertise a program that claims to help people lose up to 30 pounds in 30 days for \$30. It is an herbal, "thermo-jetic" program that helps convert long-term fat deposits into usable energy, says John Rose, who sells the pills.

Some people seeking weight loss turn to medical means, which can be costly. Dr. R.D. Marks, of the Western Montana Clinic, is a family physician who often works with overweight patients. Marks will sometimes prescribe weight-loss medication, but only if patients are at least 25 percent to 50 percent over their ideal body weight. Nurse Courtney Walton says. Patients must first meet with a dietician, read a weight-management book and agree to regular exercise, prior to medication prescriptions.

Fastin and Pandamin are two medications that suppress the appetite-control center in the brain. These types of treatment are not covered by insurance and can become expensive, Walton says.

Jenny Craig Weight Center of Missoula advertises weight-loss specials, but claims to promote only safe levels of weight loss, a maximum of 1 percent to 2 percent of body weight per week, says co-owner Nate Nunnally.

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Jennifer Brown
Kaimin Reporter

It took Jack Wich more than a week to crush the nuts, flavor his cake mix to perfection and color his vanilla and chocolate creation until it was an exact replica of Pantzer Hall.

Devouring the ornate sugary snack took about 10 minutes.

What started as a 4-inch-high styrofoam frame cut in the shape of the building is now a mini edible Pantzer Hall, complete with dorm room windows and a roof the color of guacamole.

Even the clock and white lamp posts at the residence hall's main entrance were created by Wich's hands and a little white confection. He stenciled brickwork with red food coloring on the outer walls of the chocolate devil's food and butter pound cake walls.

A cardboard support and buttercream frosting held the roof to the six-layer cake, and the outer walls are covered with marzipan, a mixture of ground almonds and sugar.

When his work of culinary art was cut Wednesday night at a dedication ceremony for the residence hall erected in 1995, Wich wasn't watching.

"I'm not even going to look," he said Wednesday before the ceremony.

Jim Todd, vice president for administration and finance, ordered the cake from Dining Services to celebrate the completion of a series of bond projects issued in October 1993.

Aside from Pantzer Hall, the \$48 million bond paid for renovations in Miller Hall, the University Center, the parking garage, University Villages and the student union building at Western Montana College in Dillon, said Lori Lineback, Todd's administrative assistant.



Terry Stella/Kaimin

PASTRY CHEF Jack Wich applies icing to the "entrance" of an edible replica of Pantzer Hall.

Committee chairs for each of the building projects, planning construction personnel, Todd and UM President George Dennison celebrated the completion of the bond projects Wednesday night in the family housing Community Center.

But the 25 people invited to the reception aren't the only ones who'll get a taste of Wich's week-long masterpiece. Students eating in the Treasure State Dining Room could sample the dulcet replica that was made to feed 100.

"If I tried to make a cake for

25 people, the cake would have ended up like this big," Wich said, holding his fingers half an inch apart. "I still would have to write in the numbers, and I'm not a jeweler."

Although Wich spends most of his day at Dining Services stirring mixes or frying donuts, decorating cakes isn't new to him. He's been a professional pastry chef for 15 years. Before moving to Montana, Wich was an instructor at the New England Culinary Institute in Vermont and worked several years in the bakery business.

Local groups studying death

Jennifer Brown
Kaimin Reporter

Missoulians are changing the way America views death and dying.

Around the city and across campus, small groups of people are gathering to discuss their experiences about the death of a loved one with the intention of making an end-of-life experience easier for others.

The groups are part of research efforts by Missoula Demonstration Project, a non-profit organization – the first of its kind in this country – studying attitudes about dying, death and bereavement.

"The hope is Missoula will become a model community for improving the quality of life's end," said Barbara Spring, executive director.

The project plans to challenge existing beliefs that death is frightening and demonstrate that dying people and their loved ones can have choices and some control at the end of their lives, she said.

The initial goal of the project is to research current attitudes through the use of focus groups. And a variety of these groups

are currently taking shape on campus.

One of the first focus groups at UM was American Indians in health care positions, said Blair Davison, a graduate student in anthropology. Davison, whose specialty is medical anthropology, has been instrumental in identifying and preparing focus groups, Spring said.

Davison's campus thrust has led her to organizations, departments and dorms. Although young university students may not have much experience with death, it's important to learn how students' families have shaped their personal attitudes, Davison said.

"Do they have horrendous memories of being dragged up to someone's casket, or wonderful memories of an elderly person who lived with them?" she said.

So far the groups are spending about two hours discussing personal experiences. They discuss their disappointments, what they wish had happened and what they would have changed. The groups also talk about the effect the death had on their life.

"These are not therapy exper-

iences," Davison said. "The groups are designed to gather information about how people experience dying. We're getting a snapshot of the dying process."

Common threads emerge through group discussions like the need to have a death acknowledged, Spring said. Too often a person leaves work for two weeks to bury a parent, then returns to an environment that avoids mentioning the death, she said. Focus group members have emphasized the significance of cards, phone calls, and being present at a funeral, she said.

Spring said that there's a consensus with groups so far that if people would talk more about their bereavement, the dying part of our lives would improve.

The focus groups will provide a database of attitudes and experiences to be used as a springboard for improving the experience of dying and bereavement in this country, Davison said.

Results will be presented to public audiences, she said, as well as publishing results in medical, public health and social science journals.

Fare Wars Continue . . .

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- Nov 27

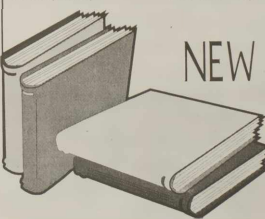
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Please call Counseling and Psychological Service at 243-4711 to be put on the list.

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Sports

Cagers long on experience heading into '97

Cody Raitchel

Kaimin Sports Reporter

Men's basketball coach Blaine Taylor said this year's team has a lot of old, but unfamiliar faces.

"We've got a lot of guys who have a little bit of experience, but not really any proven all-conference starting-type players," Taylor said. "But I like all four seniors and what they have to offer."

The Griz, who were 20-8 and tied for second place last season in the Big Sky, return two starters and four seniors.

The seniors include one of last year's leading scorers, Chris Spoja, and center Brent Smith, who averaged 10.3 and 9.9 points per game, respectively. Also returning are swingman Brandon Dade, who averaged 6.6 points, and guard Kirk Walker who racked up 9.2 points a game.

Taylor said this season Walker will play his natural position at shooting guard instead of running the point. Eric Bowie and Kenyth Henry will vie for the point guard position vacated by Shane Belnap, who graduated last year. But Bowie will miss the first three weeks of practice

due to a bone chip in his foot.

Taylor said his biggest concern is filling the void left by the graduation of posts Shawn Samuelson and Nate Covill. He hopes that Ryan Dick and Brent Smith can fill their shoes.

"There is real question marks as to where the front line goes," Taylor said.

Jim Robun of Las Vegas is the Grizzlies' lone recruit this season.

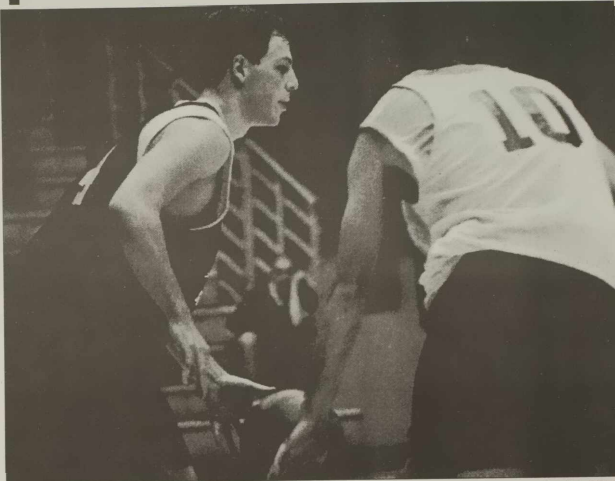
Five players are coming off redshirt. Don Carter is expected to see a lot of action in the post. Also coming off redshirt are Henry, Dominique Davis, Bob Olson and Mike Warhank.

Taylor said J.R. Camel will miss this season for personal reasons, but he will receive his scholarship despite missing the season.

The team has held two scrimmages since the beginning practice on Oct. 15.

Spoja, the senior forward out of Helena, scored a team high of 29 points in the first scrimmage, while senior guard Walker led the way with 19 points in the second.

Dade, a Los Angeles native, combined for 41 points in the two scrimmages, while



Len Price/Kaimin

THE GRIZZLY MEN'S basketball team kicked off the 1996-97 season with a scrimmage in Dahlberg Arena Wednesday night.

Warhank added 34.

Dick, the junior forward out of Missoula, led the way with 19 rebounds in the scrimmages.

Montana will play its first two exhibition games at home against a team from Israel on Nov. 18 and then against High Five America on Nov. 14.

The Griz begin regular season play in the Top of The World Tournament in Fairbanks, Alaska, on Nov. 21.

From Whoppers to bagels: the athlete's diet diary

Steven Parker Gingras
Kaimin Sports Reporter

At 6-foot-4 inches tall and 280 pounds, senior David Kempfert is a big man. He stands out in almost any crowd, which really isn't a surprise considering what he eats in an average day.

During the season, Kempfert, a Grizzly offensive lineman, consumes around 7,500 calories a day, nearly four times the recommended allowance of 2,000.

"I drink a lot of milk," Kempfert says. "But if I tried to eat healthy all the time, it would be nearly impossible."

Registered Dietitian Laura Del Guerra says athletes don't have a recommended diet, and that eating habits aren't the same for all two sports.

"Each sport has its own rules for eating," she says. "It isn't likely that a lineman would ever eat a mere 2,000 calories a day."

Assistant offensive line coach Phil Ryan agrees.

"2,000 calories a day is recommended for an average guy off the street," he says. "These guys aren't average."

But Del Guerra says eating plays a big part in athletes' lives.

"What an athlete eats is very important to their performance," she says.

While Kempfert eats to stay big, other UM athletes eat to stay fit and keep their bodies in top condition.

Sophomore basketball player Megan Harrington eats around 2,000 calories a day, but makes the most of them. "I eat a lot of fruit and a lot of bagels," she says.

Track member Troy McDonough says he's less concerned about his intake.

"Diet is usually not too important," says McDonough, who eats a Whopper almost every day after practice. "But it is for a lot of people."

Eating foods at a certain point in a day, like a Whopper after practice, is more ritualistic than nutritionally beneficial, Del Guerra says.

"It makes no difference from a nutritional standpoint," she says. "Athletes usually do it because of some mental power it gives them."

Del Guerra also says it isn't good to eat the same thing

every day.

"To eat the same thing day after day is not good for the system because you are getting too much of one nutrient, and not another," she says. "Athletes should have a broad range of foods."

UM soccer standout Sheralyn Fowler says her diet is key to her performance.

"If I don't get enough iron in my system before practice, I get so run-down and tired," says the 5-foot-3-inch 180-pound midfielder.

Most athletes take supplements and vitamins, while others take performance enhancing drugs, like ones found at General Nutrition Center. Those drinks are sending a false sense of security, Del Guerra says.

"The drinks are a waste of money," she said.

"People can buy things in the grocery store that help more than powdered mixes."

In the off-season, when diet is not as important, many athletes who usually eat specialized foods will eat healthier meals.

"I eat a little better in the off-season," Kempfert says.

Average daily intake for various UM athletes:

David Kempfert: lineman, football - 6'4" 280 lbs.

Breakfast:

4 eggs, 3 pieces of French toast, 3 cups coffee

Lunch/mid day snacks

4 pieces of chicken, 2 buttermilk biscuits, 2 pints of

chocolate milk, 2 Powerbars

Dinner/evening snacks:

1 16-inch pizza, 2 salads, miscellaneous drinks

Daily calorie intake: 7,500

Megan Harrington: guard, basketball - 5'7" 132 lbs

Breakfast:

1 bowl cereal, milk, 1 glass orange juice, 2 fruits

Lunch/mid day snacks

2 bagels, 1 can of juice, 4 handfuls of popcorn, 2 fruits

Dinner/evening snacks:

1 plate of spaghetti, 2 fruits

Daily calorie intake: 2,000

Sheralyn Fowler: midfielder, soccer - 5'3" 120 lbs

Breakfast:

2 bowls of cereal, milk, 1 piece of wheat toast

Lunch/ mid day snacks

1 cheese sandwich, 1 roll, hot chocolate, 1 granola bar

Dinner/evening snacks:

1 plate pasta, 6 bread sticks, 1 glass of juice.

Daily calorie intake: 4,000

But players like Harrington, who eat a steady diet year-round, don't.

"I don't really change my diet from season to season," she says.

Del Guerra says the key to eating right is consistency.

"The most important thing to any athlete, is to make sure to eat a balanced, consistent diet," Del Guerra says.

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Lady Griz spikers ready to take on Hornets star

Bill Foley
Kaimin Sports Reporter

Lady Griz volleyball players aren't worried about ghosts and goblins tonight. They've got a real scare. Her name is Jill Haas. UM battles Haas and the Cal State-Sacramento Hornets tonight in Sacramento, Calif.

"Haas is a stud," UM coach Dick Scott said. "She brings it when they need it."

Haas, the likely Big Sky MVP, is third- and eighth-ranked in the nation in kills and digs respectively.

"She's usually in the neighborhood of 20 to 30 kills," Scott said.

Earlier this month, Haas pounded 23 kills in a three-game sweep of UM (15-13, 15-13, 15-13) in Dahlberg Arena.

In the match, the Lady Griz were successful against the Hornets early in each game, but struggled putting them away. The Hornets took the lead with 10 points in each game.

"We were ahead of them to 10, and we could not finalize," senior setter Jennifer Patera said.

The Lady Griz lead the league on blocking. Top blocker Dana Bennish is ranked 11th in Division I.

Freshman Erin Adams has the most kills for the Griz, averaging 3.3 per game, while Holly Horn is the top digger with 257.

"I think we definitely have a chance to go in and beat them," Patera said. "The possibility is there. We just have to be patient. It could go either way. On Halloween, you never know what can happen, I guess."



Seanna O'Sullivan/Kaimin

JUNIOR DANA BENNISH goes after one of her 11 kills that went along with 12 digs in a recent match against Northern Arizona. Bennish and the Lady Griz hit the road to face Cal State-Sacramento tonight.



kiosk

The Kaimin assumes no responsibility for advertisements which are placed in the Classified section. We urge all readers to use their best judgement and investigate fully any offers of employment, investment or related topics before paying out any money.

PERSONALS

S.O.S. Fair, Nov. 2-3, U of M Fieldhouse. Bring items to sell (skis, boots, poles, clothing, etc.) Sat. 9-5. Buy Sun. 10-3. door charge \$2. Pick up unsold items Sun. 5-6 only.

Who was that Masked Man? He must be getting ready for the **Halloween Costume Party** at Mustang Sally's, complete with cash prizes and drink specials on Thursday, Oct. 31 (obviously).

The Edge of the World Dance, November 2nd at the Eli's Club, 9 p.m. to 1 a.m.-belated Halloween: \$4 with costume, \$5 without- music by Badlander Sound.

MSEF looking for Competitive, Alpine, Free, & Jr Ski Coaches. Inquire for positions at 543-0071.

WIN \$1,000.00 in FREE Merchandise at Hide and Sock in Historic Downtown Missoula. You may sign up once a day for as often as you desire until the Drawing Date of 12/20/96. Be sure to check out all our "Cool" stuff including Doc Martens, Clogs, and Birkenstocks. Lot's more "Alternative" Footwear available for your review. We sell Healthy Shoes for Healthy Feet!

If you love someone who has experienced rape or sexual assault--The Sexual Assault Recovery Services offers counseling and a resource center for partners, friends, and family of sexual assault survivors. Contact SARS at the east end of the Student Health Services M-F, 10:00-5:00 or call the 24 hour crisis line 243-6559. SARS is a program of the Student Health Services.

Learn about leadership...make friends...have fun...**EAT PIZZA! Circle K Pizza Party today** at 5 p.m. Montana Rooms/UC. Please RSVP 243-4921 ext 647 by 3 p.m. today!

Physical Therapy Club Meeting, Wed. Nov. 6 at 6:30 in McGill 029. Bring your favorite Mexican dish for our potluck.

Haircutting Models needed ASAP! Phone 728-3895.

HELP WANTED

Needed: PT Night Auditor at the new Missoula Sleep Inn. Nights may vary, apply in person at 3425 Dove Lane. Deadline: Friday, 11-1-96.

Bee Hive Homes elderly care looking for live-in attendant. Free room and board plus \$500 monthly, call 543-0345.

POSITION AVAILABLE NOW! \$6/HR! Must have work-study award. Hours are Tues & Thurs 6:45A-Noon. Must be responsible, reliable, and motivated. Apply to Printing Services, Jour. 107. See Kristi.

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Marketing Assistance/Design Intern needed by local Real Estate Firm. Come to Cooperative Education, Lodge 162 for more information. Deadline: 11/15.

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LOST AND FOUND

Lost: Motorola pager on Friday, Oct. 18. Please call Diane, ext. 2638 or 721-4796 if found.

Lost: Med. sized red Chow X. Lost on Cooper ave. Collar and Chicago tags. Responds to Hopps. Please call 542-9591.

Found: Pullover jacket on corner of Tremont and Higgins. 721-4760.

Lost: Downtown, weekend of 10/25, Citizen Watch, Reward Upon Return, 721-4395.

KAIMIN CLASSIFIEDS

The Kaimin runs classifieds four days a week. Classifieds may be placed in the Kaimin business office, Journalism 206. They must be made in person.

RATES

Student/Faculty/Staff \$.80 per 5-word line/day
Off Campus \$.90 per 5-word line/day

LOST AND FOUND

The Kaimin will run classified ads for lost or found items free of charge. They can be three lines long and will run for three days. They must be placed in person in the Kaimin business office, Journalism 206.

Found: 10/26 Wash/Griz Stadium, 1 pair of binoculars. Contact FAC. SVCS. custodial, 243-2161.

Lost: Sigma Binoculars, 8 x 40, series 9000. Black w/black case. Lost at NAU football game, sec. 104, row 6-8, \$5 Reward \$ Call 542-9535.

Lost: Purple Helly Hansen Rain Jacket. Rob, 549-5337. Please call.

Lost: Miscellaneous keys, set included tiny key and UM key w/ faded blue sticker, etc. Call Caroline at x2933.

Found: Black Mtn. Bike. Call to identify. 728-2528.

Found: Jewelry item found Wed. 10/30, a.m. in bathroom @ lodge. Call to identify. 273-0656.

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Who's feeding the squirrels?

Néomi Van Horn
Kaimin Reporter

Who's feeding the squirrels?
It's a Halloween mystery that no one seems to know the answer to.

Phil Bowman, director of UM's animal lab, doesn't know.

Neither does anyone in the forestry, wildlife research, environmental studies or psychology departments.

Bowman has been trying to find out for two weeks who is responsible for placing up to a half dozen makeshift ground feeders around campus labeled with signs warning people not to disturb a research project.

"It really is an odd thing," Bowman said.

The feeders, which were once filled with sunflower seeds, are a hit with UM's fox squirrel and pigeon populations. Stragglers still forage around the plastic pop bottle bottoms even though the seeds were devoured long ago.

Bowman has found no record of the research project being approved. He has been investigating the mysterious feeders ever since he received an off-campus e-mail message inquiring about the project.

Last week, he left a business card in one of the feeders.

"Dear researcher, please call me," it read. He hasn't had any response.

"I'm curious to find out," Bowman said.

Anyone conducting research with non-human animals must get approval from the Internal



Terry Stella/Kaimin

FORGOING THE MYSTERIOUS, empty feeders around campus, a squirrel snacks on seeds near the Forestry Building Wednesday. Animal Care and Use Committee, said committee member and assistant psychology professor Dr. Alan Szalda-Petree.

The project has not been authorized by the committee, Szalda-Petree said.

"It's not funny, it's odd," he said.

The committee decides whether research projects fall within federal laws, Bowman said.

"I suppose it's harmless, but if it is associated with a class or a research project, it needs to be

approved. I'm concerned with the fact that there's a possibility someone is trying to circumvent the approval process," he said.

Feeders have been nailed next to trees and rocks near the Journalism and Liberal Arts buildings. Each feeder has a different number and letter assigned to it.

Groundskeeper Keith Lucas said his department has no plans to remove the feeders because they are not a safety hazard.

"This doesn't seem to be a problem," he said.

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